



UNITED STATES CAPITOL POLICE
PHYSICAL READINESS TEST (PRT)
PASSING SCORES AND PROTOCOLS

The United States Capitol Police Self-Administered Physical Readiness Test (PRT) consists of three events: 300-meter run, pushups in one minute and 1.5-mile run. This document outlines the gender identity and age based passing scores and protocols to complete a self-administered PRT. The events must be completed in the order presented with no more than five (5) minutes rest in between events. **Candidates are encouraged to warm up, dynamically stretch and recover before testing.**

GENDER IDENTITY AND AGE-BASED PASSING SCORES ON THE DAY OF TESTING:

MALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
300 METER RUN	64.00 seconds	64.50 seconds	65.00 seconds	73.00 seconds
PUSHUPS IN ONE MINUTE	24	22	19	16
1.5 MILE RUN	13:37	13:57	14:30	15:05

FEMALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
300 METER RUN	76.00 seconds	80.75 seconds	85.50 seconds	97.40 seconds
PUSHUPS IN ONE MINUTE	11	10	9	8
1.5 MILE RUN	17:24	17:48	18:44	19:20

300 Meter Run Test

Purpose

Measure anaerobic power or short intense bursts of effort.

Equipment Options

- Standard 200 or 400 meter track
- Any measured 300 meter flat surface (not a treadmill).
- Timing device (Mobile application may be used to measure time and distance)

Procedure:

1. Start the timing device, run 300 meters at maximal effort.
2. At the completion of 300 meters when the feet cross the finish line stop the timing device and record the time to the nearest 1/10 of a second.
3. At the conclusion of the test, applicant shall walk for 3 to 5 minutes to cool down before beginning the next event.

MALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
300 METER RUN	64.00 seconds	64.50 seconds	65.00 seconds	73.00

FEMALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
300 METER RUN	76.00 seconds	80.75 seconds	85.50 seconds	97.40



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Pushup Test

Purpose

Measure upper body strength and endurance.

Equipment

- **Timing device**

Procedure

1. **Starting position:** Place both hands on the floor, shoulder width apart. Fingers are pointed forward. Extend arms so elbows are locked. Body will form a rigid straight line from the shoulders, through the hips down to the heels. Legs will be straight with only the balls of the feet on the ground no more than three inches apart.
2. **Execution:** While keeping the body rigid and straight, lower chest and thighs to the ground at the same rate until the shoulders drop below the level of the elbows
3. **Ending position:** Push back up to the start position and lock the elbows out while maintaining rigid body. This counts as one repetition.
 - The total number of valid pushups done in 1 minute will be applicants score. Valid pushups are those that follow the above mentioned criteria. During the down phase, any repetition that the shoulders do not go below the elbows will not be counted as valid. During the up phase, any repetitions that the elbows are not completely locked out will not be counted as valid. Any repetition that the rigid body posture is not maintained will not be counted as valid.
 - If necessary, participant may rest in the up position.
 - At the conclusion of the test, applicant shall rest for 3 to 5 minutes to before beginning the next event.

Disqualifiers

1. If the participant stops in the “down” position, the assessment is terminated and the number of pushups performed properly up to that point will be recorded.
2. If the participant goes to their knees during the test, the assessment is terminated and the valid pushups to that point will be recorded.

MALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
PUSHUPS IN ONE MINUTE	24	22	19	16

FEMALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
PUSHUPS IN ONE MINUTE	11	10	9	8



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1.5 Mile Run Test

Purpose

Measure cardiorespiratory endurance and long bouts of work.

Equipment

- Standard 200 or 400 meter track
- Any measured 1.5 mile flat surface (not a treadmill).
- Timing device (Mobile application may be used to measure time and distance)

Procedure:

1. Start the timing device, run 1.5 miles at maximal effort.
2. At the completion of 1.5 miles when the feet cross the finish line stop the timing device and record the time to the nearest second.
3. At the conclusion of the test, applicant shall walk for 3 to 5 minutes to cool down.

MALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
1.5 MILE RUN	13:37	13:57	14:30	15:05

FEMALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
1.5 MILE RUN	17:24	17:48	18:44	19:20